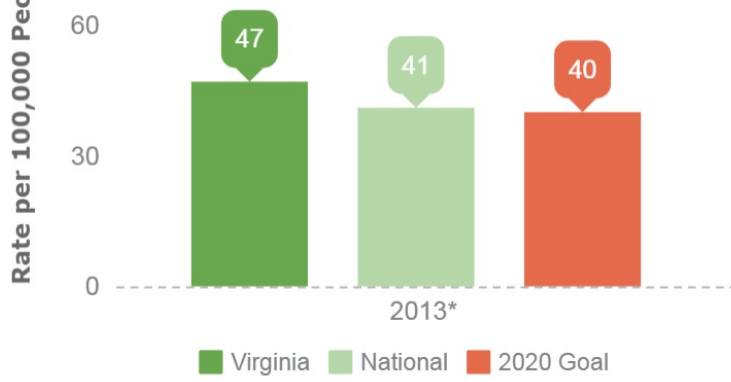


Chronic Disease in Virginia

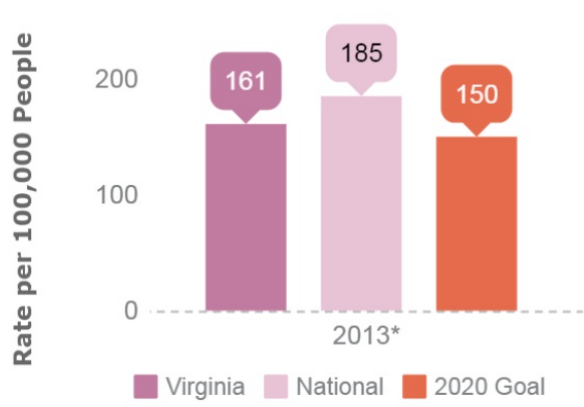
Chronic diseases cause over 50 percent of avoidable deaths in Virginia.

Avoidable Cardiovascular Deaths

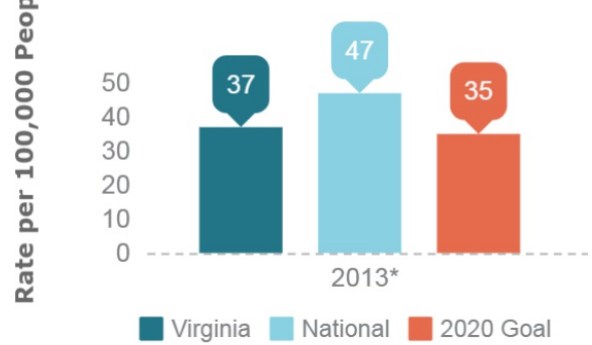
Cardiovascular includes: Heart Disease, Stroke, and Hypertensive Disease



Cancer Deaths



Lower Respiratory Disease Deaths

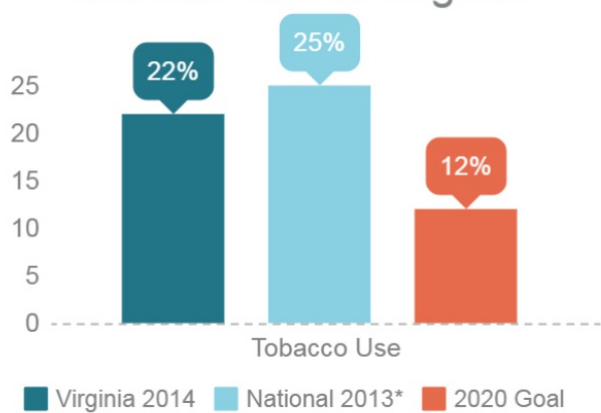


*Data are updated upon release of the most recent data.

Three unhealthy behaviors - poor diet, tobacco use, and physical inactivity - contribute to these chronic diseases. Cancer detection in the earliest stage possible through timely screenings can help to reduce cancer deaths.

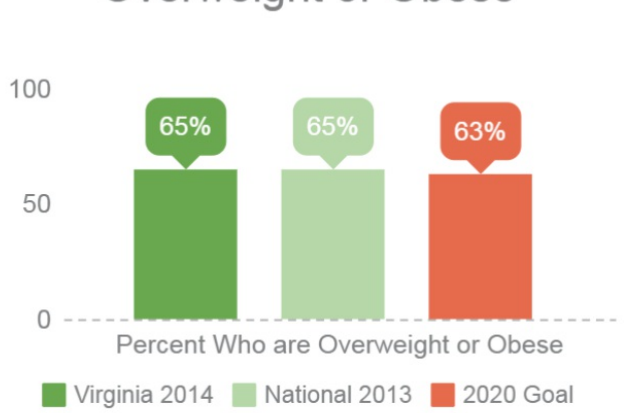
Causes

Tobacco Use in Virginia

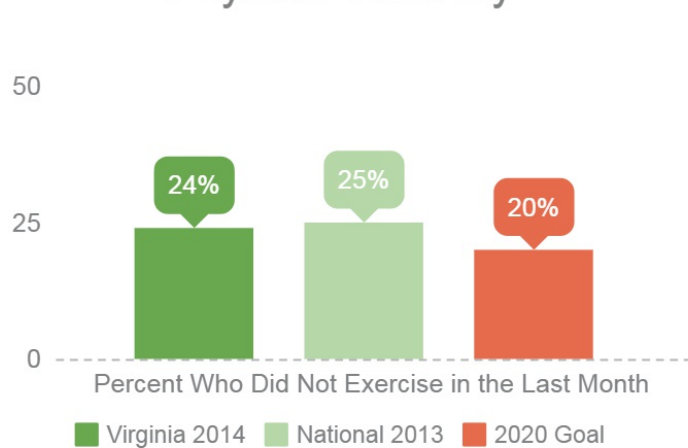


*2012-2013 National Adult Tobacco Survey (NATS)

Overweight or Obese

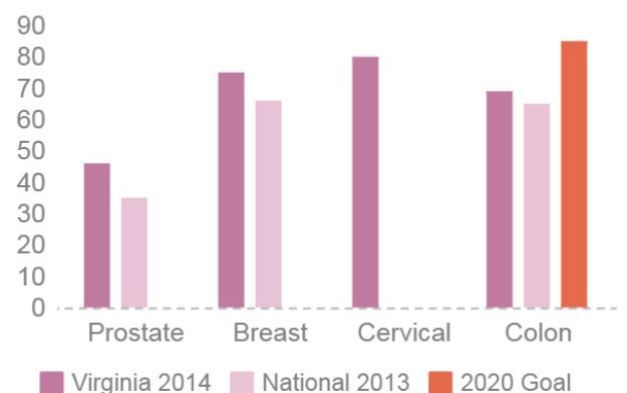


Physical Inactivity



Cancer Screening

Percent of Adults Screened for Prostate, Breast, Cervical and Colon Cancer at the Appropriate Age



Everyone deserves to live the healthiest life possible. If everyone takes action, we can reduce the amount of chronic disease in Virginia. Many communities have already started.

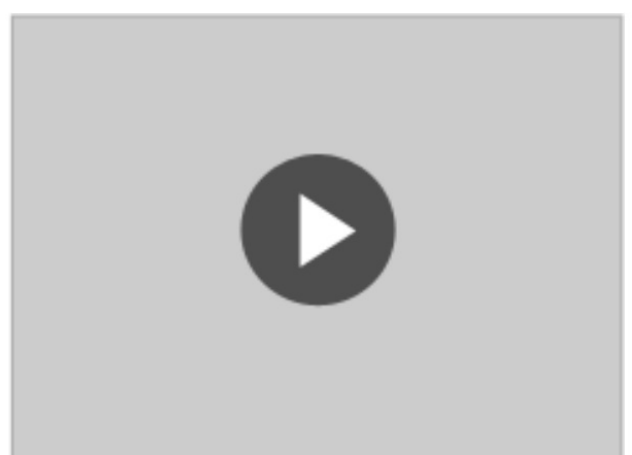
Portsmouth

The Healthy Portsmouth initiative encourages tobacco-free living by supporting the Portsmouth Redevelopment and Housing Authority's (PRHA) policy banning smoking inside senior living subsidized facilities.



Richmond

The Richmond Healthy Corner Store initiative is bringing fresh produce to neighborhood stores.



West Piedmont

Promoting opportunities for physical activity that include identified 1 mile urban walking loops and a bike loan program.



By preventing chronic diseases we can improve well-being for all Virginians.

Actions

Virginians follow a healthy diet and live actively



Virginia prevents nicotine dependency



Cancers are prevented or diagnosed at the earliest stage possible



Virginians have life-long wellness



Join the movement to become the healthiest state in the nation. Check out the resources below and take action in your community today.

Resources

[Virginia's Plan for Well-Being](#)

[Local Community Data](#)

[Virginia's Health Opportunity Index](#)

[Building a Culture of Health](#)